

# INSIDE REPORT

MARCH/APRIL 2006

# HOLY BIBLE

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KING JAMES VERSION

> Plus, Beyond the Da Vinci Code

> > Finding the Greatest Cover-Up in History

# THE PASTOR'S

# PERSPECTIVE

WITH PASTOR DOUG BATCHELOR

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THE PASTOR'S PERSPECTIVE

THE PASTOR'S PERSPECTIVE

I have exciting news to share with you! Amazing Facts is about to take an enormous leap forward in growth and evangelism. Now, I normally don't like to sound sensational, but I have good reason to do so. We are on the verge of reaching more people than ever with the three angels' messages. Let me explain.

For starters, this is a great time to announce a riveting, brand-new prophecy series called MAP—Most Amazing Prophecies—that will air this fall. From September 15–23, we'll broadcast 10 prophecygospel presentations live by satellite from Andrews University with 3ABN. The devil is sowing seeds of confusion everywhere to keep people in darkness about the Bible and prophecy, and we need to do something about it quickly.

As families invite their friends to view these powerful presentations in their churches and homes, faith in God's Word will be strengthened. Then to follow up MAP, Amazing Facts will help provide prophecy DVDs and other materials to root these new souls in the truth. I believe MAP will make soulwinning easy for you, so check our website for more information as it develops.

Next, we're making great strides with *The Final Events* DVD. Nearly one million have been distributed so far in half-a-dozen languages! But the Lord is opening up to us new and greater opportunities every day. Indeed, soon you might see a commercial advertising *The Final Events* DVD on national television during prime time!

Of course, you might already know about the India NOW! series in November. With God's protection, we're boldly returning to India at an unprecedented time of change to proclaim the good news in a big way. We're leading more than 50 teams of lay evangelists and medical personnel to minister to God's children in that great land. It's one of our most

ambitious projects ever, as we also plan to plant many new churches with our friends at Maranatha International. Be on the lookout for updates regarding this audacious mission.

Today we have access to Bibles as never before, but for some reason, people are choosing to feed their minds with spiritual fantasy rather than the Bible itself. Biblically convoluted literature like the *Left Behind* series and *The Da Vinci Code* are perennial best sellers being made into movies, while Bibles are shriveling on shelves and collecting dust.

This explains why I not only want to combat spiritual confusion around the globe with projects like MAP, IndiaNOW!, and great resources like *Final Events*, I want to promote biblical literacy. That's why we're exalting the importance of the Bible and how it can make powerful changes in your life in this special issue. I know you'll be blessed.

I'd also like to point you to some new features in the *Inside Report*. First, of course, is this new section—the Pastor's Perspective—where I'll get a chance to update you on the ministry. We've also added a "Project: Storehouse" page that will give you the latest details on our most important outreaches, while also giving you a chance to join in the work.

More exciting developments regarding the future of Amazing Facts are just around the corner. I believe strongly that God is preparing this ministry to exert incredible influence with the gospel truth around the world, and especially for this nation. I hope that you'll continue to join with me in prayer that this ministry and I will continue to keep our eyes fixed on Jesus in all that we do.

Pastor Doug

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### INSIDE REPORT VOL. 24, NO.2

PRESIDENT/SPEAKER
DOUG BATCHELOR

MANAGING EDITOR
ANTHONY LESTER

ART DESIGN/LAYOUT HALEY TRIMMER

COPYEDITORS
ARLENE CLARK
LU ANN CREWS

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P.O. Box 1058 Roseville, CA 95678-8058

PHONE: 916-434-3880 Fax: 916-434-3889

Website: www.amazingfacts.org E-mail: editor@amazingfacts.org Office Hours: Monday through Thursday; 9 a.m. to 6 p.m. Pacific.

Amazing Facts is a nonprofit Christian ministry that utilizes literature, radio, television, the internet, and public evangelism to share the saving truths of Jesus Christ. For operation, we depend on the gifts and prayers of caring Christians who believe in our mission.

### FREE BIBLE STUDIES

To enroll in our free 27-lesson Bible study, go to www.amazingfacts.org and click on "Bible School." Or to take the course free by mail, send us your name, address, and phone number and specify that you would like to begin the course. (Printed lessons are in English and are available only in Canada, the United States, and their territories.)

### FREE CATALOG

Call or write for a color catalog of materials available through Amazing Facts. It contains information and prices on all books, videotapes, CDs, audiotapes, and other soul-winning materials to help you in your walk with Christ.

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# **Promoting Heavenly Music**

Music is a controversial topic, and recently I've been saddened to see a greater acceptance within God's church of worldly sounding

worship music a desire to imitate

its style to attract people. So I really appreciate your timely online sermon "Music and the Christian."

Please keep up the Lord's work. New Zealand

# **Expanding the Harvest**

It does my heart good to see new Christians coming forward. Pastor Doug, I just sent a donation to you that I know will be utilized for the harvest. You are so right: So many Christians out there don't have a clue as to the signs of the end. God gave us everything we need in the Book; all we have to do is study, pray, receive, and believe. To make that possible, I've joined with you in prayer for your new TV program for harvesting! South Carolina

# **Reconnecting With God**

In the last year, the Amazing Facts ministry has helped deepen the bonds between God and me, helped me learn about Him, and helped me to yearn to walk even more closely with Him. I hope to get rebaptized in the coming year into a Sabbathkeeping church. I grew up in the community but left two decades ago. I watch your archives very often, and it's such a "buzz" to observe and benefit from a group of willing and obedient servants doing our Father's work. United Kingdom



Our church has had a BibleUniverse.com website sign on our front yard, which has been purposely run over with a truck, removed from the yard and thrown down on our parking lot during a church service, and finally, been stolen. All the while, our other signage hasn't been touched. Hmmm. I wonder why? I guess someone (like Satan) hates your website! We still have the first sign that was run over; it's bent up, but we're going to put it back up. As Winston Churchill said, "Never give up!" Our church is across the street from a fire station and is on the corner of a R/R Crossing, so we put your sign out since people have to wait for the train to go by and they might copy down the addresses. One person said he saw a man get out of his car with a flashlight to copy down the website! *E-mail* 



### Sabbath Truth

Thanks a lot for your fantastic ministry. I've checked out your new Sabbath Truth website, and I really like it. I especially appreciate how

you post free books on the site. I am currently reading the one about feast days and sabbaths. It's a difficult



subject, but I think the book will help me understand it better. Michigan

# **Eyes Opened to Truth**

I just watched your program on the state of the dead. I'd heard a lot about it before, but I had never thought about it for long until I was in a traffic accident. I was pronounced dead on arrival at the hospital. It was during that time that I had an "out of body" experience. Though I was later revived, I was put on life support for about six months until my family



decided to allow me to "meet my maker." But suddenly, I opened my eyes and began breathing on my own. I'd been very confused about what happened, but today you explained well what really happened. Canada

# Fighting for the Lord

May God truly bless the work Amazing Facts is executing in the world today! I hope you'll continue to be as efficient, frank, and brave so that people can hear the truth as plain as Christ ministered it! You have opened my eyes to so much biblical truth. The Lord is simply waiting for His people. And your soldiers at Amazing Facts are willingly fighting for the Lord. Hundreds of people are watching your programs here on television and over the internet every day. Our prayers are with you! *Norway* 

The *Inside Report* welcomes all correspondence regarding the magazine and other Amazing Facts ministries. Letters and other materials may be used—in whole or in part and edited for content and readability—in future publications unless otherwise requested. If Amazing Facts has helped change your life, please write to us today at testimonies@amazingfacts.org!





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For additional information on estate tax and business planning, please indicate if:

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☐ You own your own business.

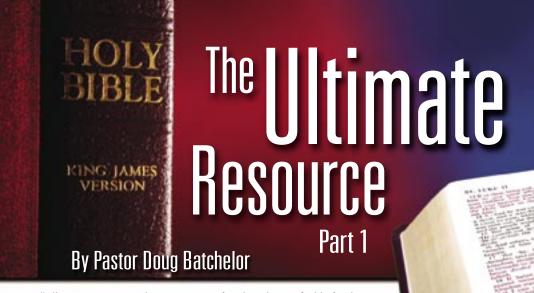
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☐ I have remembered Amazing Facts in my estate plan.



"All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works."

—2 Timothy 3:16, 17

An Amazing Fact: Commander William R. Anderson and his crew of 116 were the first to reach 90-degrees north ... under the ice. The trip, dubbed "Operation Sunshine," was made possible by a technological marvel, the USS Nautilus, the world's first nuclear-powered submarine. Under hundreds of feet of ice, the Nautilus' nuclear reactor not only powered the vessel but enabled the crew to have the filtered air and water needed to reach their destination. Moreover, unable to surface for direction, they traversed the dangerous waters using a new invention called the gyrocompass. On August 3, 1958, at 11:15 p.m., Anderson announced, "For the world, our country, and the Navy—the North Pole." The ultimate vessel in the world had enabled humans to accomplish what had been deemed the impossible, reach the geographic underside of the North Pole.



The church is something like a nuclear submarine, submerged in the waters of a world steeped in sin and darkness. And just as water shouldn't infiltrate the hull of a ship, so the world shouldn't infiltrate the church.

On our long, often-dark journey through these troubling waters, the Bible is as crucial to us as the gyrocompass was to the USS *Nautilus*, because without it we would be lost. Just as the gyrocompass would have done the crew no good were it not used, the Bible cannot help us find direction unless we take advantage of it. We can have it on our shelves, or even on our home computers,

but unless we open it up and let it into our hearts, we will be without direction and we will drown in the sinful waters of the world.

In this article (first of a two-part series), we'll look at what God has given us in His Word and what we can expect if we make its study a central part of our lives.

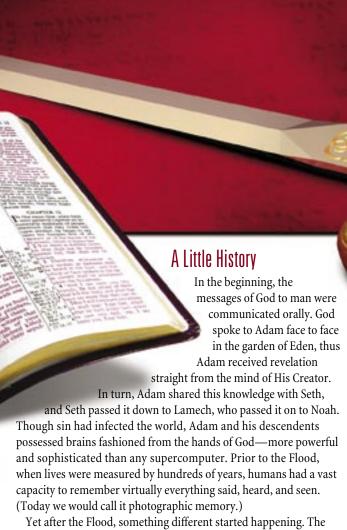
# **Get Exercise**

My family is pretty good about exercise. Karen and I belong to a gym *that we use!* You see, at the start of every year, enrollments at health clubs spike. To compensate for holiday food-induced bulges, and with the best of intentions, people sign up in droves. Only problem is, most rarely show up to use their memberships. It's as if they think that a club membership is a substitute for actually exercising.

In the same way, people often think that membership in a church is a substitute for reading the Bible. It's not. You need a personal, abiding relationship with Jesus, and your Bible is the number one catalyst that will enable you to have just that.

But you have to read it!

I know from personal experience. Without my own study of the Bible, I might still be lost, perhaps steeped in the teachings of some New Age cult. It was the Bible that turned me into a Christian, which is kind of a miracle considering that I was a high school dropout from a Jewish family full of cynicism about Christianity. I'd been taught evolution and believed that the Bible was full of fiction and fantasy. Yet in a cave, all alone, I picked up the Bible and this dynamic, powerful book changed my life.



Yet after the Flood, something different started happening. The lifespan of humans began to shorten dramatically. The environment, and subsequently, lifestyles began degenerating. In short, the ability of men to remember God's oracles had become severely limited. By the time of Moses, after years of His people being held bondage in a pagan-infested nation, God saw that is was necessary to codify His messages to humanity. As a result, Moses became God's first scribe, and Genesis, Exodus, Leviticus, Numbers, Deuteronomy, and perhaps Job were written in the wilderness after the Jews' emancipation from Egypt.

Transcribed and copied on paper, leather, or clay tablets, the first collections of Scripture were all written out by scribes. (Of course, the original print of the Ten Commandments was written by the finger of God in stone.) These rare copies (each one written out by hand!) were treated like precious jewels. To have Scripture was such a privilege; it's something we can't appreciate today. Then, over 500 years ago, Johann Gutenberg developed the printing press, enabling the mass production of Bibles.

# A Little Warning

Never has there been a time in history when we have had more of the Word of God available to us and more commentaries to dissect, critique, and explain it. In fact, I have a "pocket PC" with multiple versions of the Bible, along with Bible dictionaries and inspired commentary. I can even listen to the Bible and watch Bible videos on my small handheld computer. Moreover, the internet offers free Bible software and even free electronic Bibles.

Are we taking all of this for granted? Frankly, it's frightening to think that we have so much knowledge now, because won't we be more accountable for this informational wealth? I think so. We have no excuse really to be ignorant of the Word. So you're much better off clinging to and treasuring at least a few verses than to be surrounded with so much Scripture and never letting any of it reach your heart.

The old saying "familiarity breeds contempt" is true—the church is more biblically illiterate than ever in its history, despite the proliferation of the Bible. It's as though we're walking through a Bible buffet, but all we want are a few carrots. A Bible sitting on your shelf at home isn't a substitute for reading it. And unless we read it, the Lord cannot use it to change our lives. "For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost" (2 Peter 1:21).

# The Sword of Christ

The Word is a powerful weapon. Every time Jesus was tempted in the wilderness, He quoted from Scripture, saying "It is written." It's evident from this exchange, and others, that Jesus had memorized considerable amounts of Scripture: "Thy word have I hid in mine heart, that I might not sin against thee" (Psalm 119:11). And He used this mastery to fight off Satan's attacks.

As with Jesus, so with us; that is, we must use the Bible to fight off temptation. Revelation 19:11 declares, "And I saw heaven opened, and behold a white horse; and he that sat upon him was called Faithful and True." This passage closely parallels Christ and the Word itself. It is a vision of the Word. The passage continues, "And in righteousness he doth judge and make war. His eyes were as a flame of fire, and on his head were many crowns; and he had a name written, that no man knew, but he himself. And he was clothed with a vesture dipped in blood: and his name is called The Word of God."

Who is on the white horse? Jesus or the Word? In fact, there isn't even a difference in that the Word is the expression of Christ. Jesus Himself is the Word. Does the Word of God make war? Jesus answers, "I came not to bring peace but a sword."

The Bible is a weapon that we can use to invade the devil's territory. In Revelation 13, we learn that the beast received a



deadly wound by the sword. What is that sword? The Word of God is quick and powerful and sharper than any two-edged sword. And Ephesians 6:17 affirms, "the sword of the Spirit, which is the word of God"—our primary weapon against the enemy.

# The Light of God

We live in a very dark world. Even if you stood outside on the equator in the middle of a desert underneath a clear blue sky at noon, it would be utterly dark compared to heaven. It's so dark here that we can't navigate our way around without clear direction from God. The Bible presents that direction. It is the light that illuminates our path. "Thy word is a lamp unto my feet, and a light unto my path" (Psalm 119:105). Furthermore, "For the commandment is a lamp; and the

A few years ago, I was able to experience absolute darkness. I like caving, and I went to explore a place that advertised itself as the

law is light" (Proverbs 6:23).

"Endless Caverns." Of course, the cave isn't endless, but it does go hundreds of feet below ground. As we were making our way down, the tour guide said, "If you want to know what absolute darkness is ..." and then she shut off the lights. It was surreal; it looked the same whether I had my eyes closed or open. After a little while sitting there in darkness, I took out my keychain that had a little LED light. When I turned it on, it was like one of those giant spotlights at the grand opening of a new store. That little bit of light made such a tremendous difference when compared to the abject darkness within the bowels of the earth.

That's what the Bible is like in this dark world. It's a giant spotlight advertising heaven. It always encourages me to meet someone who has taken that advertising hook, line, and sinker. They don't know anything about Christianity, but when they get a hold of a Bible, they say, "Wow! This is really good stuff! Now everything is starting to make sense. Life really does have purpose!"

Psalms 119:89 proclaims, "For ever, O LORD, thy word is settled in heaven." In a world full of uncertainty, Scripture does not change, no matter what happens on earth or in heaven. "The grass withereth, the flower fadeth: but the word of our God shall stand for ever" (Isaiah 40:8).

Honey is an animal byproduct that never goes bad. Sure, it might crystallize, but unlike food kept in vinegar, it will never spoil. It is a natural preservative that can be reconstituted simply by warming it in hot water. Frankly, it's quite a miraculous feat. The Bible says, "How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!" (Psalm 119:103). The Word of God, the law of the Lord, is sweeter than the honeycomb. In Ezekiel 3:3, God instructs the prophet, "Son of man, cause thy belly to eat, and fill thy bowels with this roll that I give thee. Then did I eat it; and it was in my mouth as honey for sweetness."

The Frenchman Voltaire was a skeptic who didn't think Christianity would last long and that the Bible would soon be an extinct form of literature. How ironic that in the exact spot where Voltaire made that bold prediction sits a Bible warehouse—churning out Bibles! It doesn't matter how often it's attacked, the Bible is "an anvil that has worn out many hammers." Jesus assures us, "Heaven and earth shall pass away, but My words shall by no means pass away" (Matthew 24:35). And Jesus Himself is that Word, and like Him, the Bible is the same yesterday, today, and forever.

# Words of Life

The words in the Bible are not just words in the Bible. You might see black and maybe red ink on white paper or even just pixels on a computer screen, but it is much more than that. It is a message that is made of spirit and life with an unexplainable vitality. "It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life" (John 6:63 NKJV).

When you read the Word, it comes alive. It's real, and it's unlikely that anyone could ever open it—with sincere desire—and never get something out of it. A.W. Towser said, "A loving Personality dominates the Bible walking among the trees of the Garden and breathing fragrance over every scene. Always a living Person is present speaking, pleading, loving, working and manifesting Himself." When people read God's Word with their hearts open to hear what the Spirit is saying, it becomes a living testament to Christ.

Sometimes we get caught up in what Jesus looked like. We see pictures, and we begin to form our impression of His looks. But is anyone exactly sure what color His eyes were? Or how tall He was, or how much He weighed? It doesn't matter, because what changed the



world were His words. Soldiers were sent to arrest Jesus, and they came back saying, "Never [a] man spake like this man" (John 7:46). It's the Word that changed everything, and that Word is Christ. Moreover, Christ is eternity; thus the only book that will make a restful pillow when you're dying is the Bible. Every other book will be like stone.

# Food for the Soul

We usually don't miss too many meals. If we miss one, we're not going to miss the second because we get very hungry. My question is, do you hunger for God's soul food? "Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts" (Jeremiah 15:16).

During a checkup, a doctor might ask you about your appetite. Why? Because a lack of appetite could mean something serious is wrong with you. It's a sign of bad health. Likewise, it could be a sign of bad spiritual health if you have no appetite for the bread of life. "It is written, Man shall not live by bread alone, but by every word that proceedeth out

they eat. As much as I travel, I still get surprised at what people call food. You eat some exotic Asian food and it scorches your plumbing from bow to stern. How did they ever get to a place where they relish that? On one Pacific island, they eat a pounded root extract called saguaro, and to me it is just so

bland. Yet they crave it just thinking about it. And in Germany, they eat those strange sauerkraut dishes. In my opinion, it's like intestinal torpedoes, but everybody has their favorite peculiar food, including me.

And that's because we eat it. It is a part of our lives and

culture. We force broccoli or even brussel sprouts down our kids' throats, hoping they'll develop a taste for it. In fact, I eat some things now that I hated as a kid. You might be saying, "Doug, I have no appetite for the Bible." Read it anyway, and as you read it, you'll eventually start developing a taste for it and ultimately crave it. "Neither have I gone back from the commandment of his lips; I have esteemed the words of his mouth more than my necessary food" (Job 23:12).

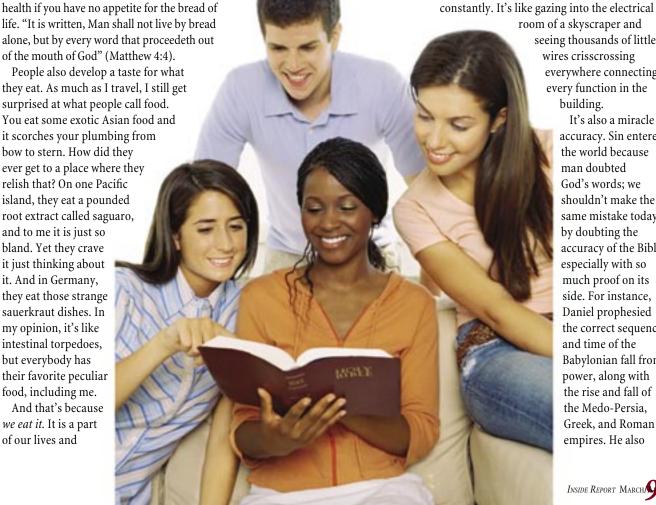
# Harmonious and Accurate

The Bible is a miracle in so many ways. For instance, though written over a period of 1,600 years by about 40 different authors—on three different continents, speaking three different languages-it's completely harmonious. Written by kings and peasants, with a broad spectrum of education in between, it delivers one message and one voice. Moreover, in Revelation, you'll find reference to Genesis, and in Genesis you'll find

a reference to Jesus. It's so harmonious that it overlaps

room of a skyscraper and seeing thousands of little wires crisscrossing everywhere connecting every function in the building.

It's also a miracle of accuracy. Sin entered the world because man doubted God's words; we shouldn't make the same mistake today by doubting the accuracy of the Bible, especially with so much proof on its side. For instance, Daniel prophesied the correct sequence and time of the Babylonian fall from power, along with the rise and fall of the Medo-Persia. Greek, and Roman empires. He also



correctly predicted that Rome would be split up into 10 separate nation states.

Consider some of the amazing Bible passages that perfectly foretold the first coming of Jesus and their fulfillments. (See chart.)

The Dead Sea scrolls testify to the fact that these prophecies were written well before Jesus was born. Moreover, they all came to pass. The accuracy of the

Bible is miraculous. Why neglect it when it is so precise regarding the first coming of Jesus? Don't you think we can trust the prophesies regarding the second coming?

# The Word Is Proven

President Woodrow Wilson said, "I am sorry for men who do not read the Bible every day. I wonder why they deprive themselves of the strength and the pleasure." That's what happens when you read about God supernaturally intervening in the affairs of men to accomplish His redemptive purposes. The greatest testimony to the Bible is the way it changes lives.

I never cease to marvel at the transformation in people when they pick up a Bible. These people's lives were a total mess, but when they started reading the Bible, they turned around. I know that feeling, because it happened to me. Drug abusers become clean, marriages are restored, and alcohol and gambling addicts are freed.

Why? It was the Word. It's the anchor of our souls and the bread that comes down from heaven. Christ said, "I am the bread that came down from heaven." We need to learn to love that bread, more than the unhealthy food this world has to offer. The Bible says, "Love Me and keep My commandments." You can't obey Jesus if you don't love Him. You can't love Him if you don't know Him. And you will never know Him unless you take time to know Him.

The Bible is the primary way that God reveals Himself to fallen man. Maybe you are studying your Bible, but you're just picking up a few crumbs that fall from the children's table. Maybe you're not studying at all. Whatever you do to increase your time in the Word is going to create a positive blessing for you spiritually.

But you need to choose to do it. If you join a health club, it's going to cost you something. It will cost you time and money that you can't spend elsewhere. You'll have to give up something, but it will be worth it. It's the same with the Bible. Don't neglect His Word in preference for such trivial, passing things like television. God is saying to you, "Do you really want to know Me? My promise is, 'You'll find Me when you search for Me with all of your heart.'" He's not very

Messianic Event	Old Testament Prediction	New Testament Fulfillment
Born in Bethlehem	Micah 5:2	Matthew 2:1
Born of a virgin	Isaiah 7:14	Luke 1:26–31
From David's line	Jeremiah 23:5	Revelation 22:16
Attempted murder as a baby	Jeremiah 31:15, 16	Matthew 2:13–18
Betrayed by friend	Psalm 41:9	Matthew 26:25, 34
Betrayed for 30 silver pieces	Zechariah 11:12, 13	Matthew 26:15
Death by crucifixion	Psalms 22; Zechariah 12:10	Mark 15:15
Clothes gambled for	Psalm 22:18	Matthew 27:35
Bones unbroken	Exodus 12:46	John 19:31-33
Buried in rich man's grave	Isaiah 53:9	Matthew 27:57-60
Day, year, hour of death	Daniel 9:26, 27; Exodus 12	Matthew 27
Resurrection after 3 days	Hosea 6:2	Acts 10:40

far away—however far away your nearest Bible is. If you really want to get to know God better, ask Him for help. The devil is never more afraid than when you drop to your knees and pick up God's Word.

If you're not part of a weekly Bible study group, I'd like to encourage you to join one. Just take an hour, once a week, to get together with others of like faith and read the Word of God together. It will do wonders for your spiritual health. Not only is it a great means of strengthening and fortifying your own soul, but it has tremendous evangelistic potential because you've got friends and neighbors whom you could bring.

Yes, it's a cold and dark world out there, and it's easier to get lost in it than it would be under the North Pole in a nuclear submarine. But God has given us a never failing gyrocompass in His Word, and if we read it—with a desire to follow it and know the God who inspired it—we will have a sure guide, one that will never let us go astray, and one more powerful and effective that all the nuclear submarines in the world.



# COMING SOON!

In response to the new Da Vinci Code film, which portrays an unbiblical relationship between Mary Magdalene and Jesus, Pastor Doug's book At Jesus' Feet, which tells the real story behind Mary's salvation

through Christ, is being reissued with a brand-new cover and title. Look for it soon and be ready to share it with every one you know!



quote from a local travel guide: "It's hard to get people to visit the first time, but it's easy to get them to come back."

Having taken teams and put together evangelistic meetings in India on multiple occasions, I can testify to this truth. The sights, the smells, and sounds all speak of an often harsh environment—all in a land where Satan has distorted or erased the idea of a loving God. So why would I agree with the guide's assessment? For one simple reason: the people!

Once you travel to India to work in behalf of God, you find yourself walking through villages that probably aren't much different than the villages Jesus walked through 2,000 years ago. As He brought salvation through word, deed, and prayer, the Bible speaks of times when those seeking Jesus could not get near Him "for the press of the people." They were so hungry for truth the Lord could feed them that they crowded as close to Him as possible.

That's the way it is in India today! I have at times wondered if I would be able to get through the pressing throngs in order to simply take a breath. Still, it has actually been a blessing to know what Jesus experienced, as the people always found Him because they hungered and thirsted for His words of life.

> So I'm not complaining ... no, quite the contrary! India is one of the few places on the planet where you can participate in an outpouring of the Holy Spirit so pure and true that the people will respond to it like fresh rain during a long drought.

> > Who would want to miss that? It has been one of the most wonderful privileges of my life to minister—just as Jesus did in the dusty villages so long ago. Actually He still is ministering to these places, but now he's doing it through each one of us who chooses to "go."

### Partake in His Work

You can become an integral part of our soul-winning team either through prayer, financial support, or even in person as Pastor Doug Batchelor travels to India this November for IndiaNOW! This massive evangelistic outreach is happening just in time, as the door

However, we're not only conducting soul-winning

evangelistic meetings, we'll also be helping to improve the quality of life through multiple medical clinics. Each day, visitation teams will travel to area villages, greet people, and share the love of Jesus. You'll have the opportunity to physically bless the villagers and also pray for them and invite them to the nightly meetings.

Delight in this picture: Just as night falls, thousands come by car, truck, bus, and foot to hear the gospel preached. You have already met many of them in their village that day and perhaps even treated them for an ailment, and now they have come for spiritual healing, smiling



as you are there to greet them and pray for them as their brand-new spiritual life begins.

Today we have a great need for medical professionals to provide health services and

medicine in the villages we are targeting for our evangelistic outreach. Our Spirit-led medical teams, coordinated by the newly formed AMEN medical mission group, will visit people in villages on the days when the ministry teams are not in those particular villages. Both teams will participate in the evening evangelistic meetings, joining together to touch thousands of lives in a unique and powerful way.

Officially there is no caste system in India, but the reality is that it still exists and keeps people from understanding the nature of God. For the most part, you will be ministering to those stigmatized by a very low caste classification. Your heart will feel something extraordinary when you share your talents, your love, your faith, and yourself with them. They will "light up" and absolutely see Jesus Christ in you. You will become the tool Jesus works through to bring salvation to them!

We need doctors and nurses, but space is limited, so please contact us soon—today if possible. We need willing workers for the Lord in this most urgent time in human history. Amazing Facts needs you, and the good people of India, still lost in spiritual darkness, need you too. You'll fall in love with India when you get there, and you'll want to go back. So take the leap of faith, and see how God will richly bless you!

E-mail us today at jodig@amazingfacts.org or call 916-434-3880, ext. 3052.

# BIBLE

with Pastor Doug Batchelor

Why did God order the genocide of the Amalekites, including the women and children?

Many are perplexed by what appears at first glance to be a paradox in God's actions and character. He commands us to love and forgive one another, even our enemies. And one of the Ten Commandments tells us not to kill (Exodus 20:13). So is what God commanded against the Canaanites and Amalekites a contradiction?

First, the sixth commandment word "raw-tsakh," translated as kill in the King James, has a deeper meaning that just "to kill." According to Strong's Concordance, it applies "especially to murder." Christ bears this out in Matthew 19:18 when He says, "You shall not *murder*." Perhaps Matthew Henry explains it best: "It does not forbid killing in lawful war, or in our own necessary defense, nor the magistrate's putting offenders to death, for those things tend to the preserving of life ..." This explains how David could be a man after God's own heart and still be honored for his courage in killing Goliath.

Regarding the command to eradicate these nations, I believe that God had to order it because their influence left unchecked would ultimately lead to the death of many more innocent people. It's helpful to keep in mind that nations like the Canaanites engaged in human sacrifice, even offering their children to devil gods. (See Deuteronomy 12:31.) Additionally, not only did God use Israel's might to punish evil nations like these, He used the Babylonian, Assyrian, and Egyptian kings to punish Israel. God will often use human forces to mete out His discipline.

It's an imperfect illustration, but often, infected cattle or poultry are destroyed for the purpose of stopping an epidemic and saving vastly more livestock. Likewise, left unchecked, these nations would have plagued the world with such depravity that they simply were not redeemable. So as much as it broke the heart of God, the order was given to eliminate these infected nations.

# The Consequences of Failure

The Amalekites were a source of constant woe to Israel. Shortly after the Israelites left Egypt, the Amalekites attacked the weary people, slaughtering the weak and elderly (Deuteronomy 25:18). Even the Babylonians had a bad opinion of them, calling them "Khabbati," or "plunderers." The Amalekites and Canaanites, among other nations, practiced child burning, torture as public entertainment, and sexual immorality as sport.

The Israelites later avenged the attack and defeated the Amalekites, but failed to completely eradicate the nation. Israel

Tune in to *Bible Answers Live*, Amazing Facts' live, nationwide call-in radio program, and listen to Pastor Doug give biblical, straightforward answers to difficult Bible questions. To get times and stations in your area, or to listen to answers online, visit www.amazingfacts.org. You can also request a free program guide by phone or mail.

was then plagued with continuous Amalekite raids (Exodus 17; Numbers 14:45; 1 Samuel 15:2). We can safely assume that God knew Amalekite descendants would always bear rage against His people. In the book of Esther, Haman the son of the Agagite, who was an Amalekite king, sought to exterminate all the Jews. Even today, the name Amalek is a symbol for hatred against Jews. How different things might be had Israel obeyed God to the letter!

You should also remember the story of the Ninevites. God was warning them through Jonah to change their ways or be utterly destroyed, and they repented. God deals far more justly and mercifully than most people are willing to admit.

# No Easy Answers

This is a very difficult issue. Honestly, I don't always understand God because I'm not God. But at the same time, I trust God that He is just and that He is love. We serve a sovereign and eternal God who knows better than we do, and though we now look at Him through a glass darkly, one day will come when we will have clear answers. Remember that God's ways are higher than our ways and His thoughts are higher than our thoughts (Isaiah 55:9; Romans 11:33–36). We have to be willing to trust God and have faith in Him even when we do not understand.

Often, questions like these aren't honest. Rather than seeking an answer to help them believe, many skeptics use it as a weapon to discourage belief. It is certainly not a new question. It also presumes that God is incompetent or not wholly sovereign. They say, "I wouldn't do anything like that, so God shouldn't either." But the framework of the Bible is that God is indeed sovereign, just, and competent, which is exactly why writers left the story in. God wasn't hiding, and He's hoping people come to Him for the answer.

Yet a genuine question deserves a genuine response, and I hope I've given you some helpful nuggets of wisdom to answer a truly difficult question. Quite simply, for God's faithful, it is a matter of trust. Yes, we know that God is good, that He wants the best, but ultimately, we have to trust Him.



# Empowered Church

he Empowered Church is an exciting program designed for churches that want to take their outreach efforts to the next level. Beginning with a weeklong intensive training course, participants get expert instruction on church regeneration, discipleship, and evangelism. In addition, churches can receive a personalized growth assessment, an evangelism implementation plan, discipleship training, resources, coaching, and much more. Amazing Facts can help you ignite revival and growth in your church ... so why not get involved today in helping your church reach its evangelistic potential?

To enable every church to participate in The Empowered Church program, 3 levels of involvement are offered.

# Level-Ope Churches receive:

- One-week intensive training course
- Evangelism implementation plan
- Discipleship training resources

# Level-Two Churches receive:

- Everything level-one churches receive
- Revival weekend
- Two years of coaching
- Personalized church growth assessment

# Level-Three Churches receive:

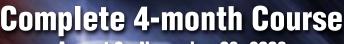
- Everything level-two churches receive
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- Free tuition for any AFCOE intensive

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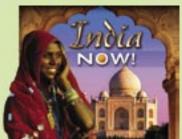








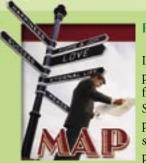
Amazing Facts is growing as God opens new doors to reach millions with the gospel. With your help, these new projects will reach hearts with the love of Christ and, with the Holy Spirit's power, grow His kingdom exponentially.



### **Project: IndiaNOW!**

In November, Amazing Facts will embark on an incredible soul-winning mission to India to share the good news of Jesus in a land experiencing increasing Christian persecution. Still, the people there are eager to learn about Christ, and we are expecting to baptize more than 20,000 souls while also building new churches and offering pastoral training. Help us share Christ to millions before the door closes forever!

**Funding Goal: \$1,300,000 Storehouse:** \$112,599.57



# Project: MAP—Most Amazing Prophecies

In September, Pastor Doug Batchelor will present *MAP: Most Amazing Prophecies* from Andrews University in Berrien Springs, Michigan. This brand-new prophecy series will intertwine the salvation message with the Bible's greatest prophecies, with incredible free resources

that will change hearts and minds. Millions of lives will be touched!





# **Project: New Television Program** and Broadcast Expansion

We're developing a new weekly, 30-minute television program featuring Pastor Doug's best sermons and making them available to a much bigger audience than ever before. The new packaging will appeal to today's viewer, with new, eye-grabbing graphics and more

focused ministry promos that will present Amazing Facts as an awesome Bible resource warehouse!

Funding Goal: \$3,000,000 Storehouse: \$27,796.21



# Project: Prime Time Final Events DVD Commercial

Amazing Facts' goal is to advertise *The Final Events* on a major network, offering millions a free copy of the DVD. This will get this life-changing documentary and Bible study resource into the hands of an entirely new audience. Imagine countless people around

the country learning the last-day message for the first time and being able to make an informed, intelligent decision for Christ!

Funding Goal: \$500,000 Storehouse: \$42,272.37



based on the classic *The Great Controversy*. Though still early in development, we need to raise funds today to help inform potential millions about God's incredible master plan of redemption for the human race. It's a great way to share the remnant

church's message before the return of our Lord!

**Funding Goal: \$1,500,000** 

Storehouse: \$0



# **ABC** Australia

During the recent National Religious Broadcasters convention in Dallas, Texas, this past February, Pastor Doug gave an interview to a secular television program called *Enough Rope*,



which broadcasts on the Australia Broadcasting Network. Popular host Andrew Denton has interviewed celebrities, world dignitaries, and even U.S. presidents.

He asked penetrating questions relating to the application of prophecy in our world and in our own lives and how the events in the Middle East relate to the Bible. *Enough Rope* is a weekly prime-time interview show on free-to-air television. Pray that millions there will see the broadcast and be moved to find Amazing Facts and explore the Bible more fully!

# National Geographic Interviews Pastor Doug

On February 11, a film crew from the National Geographic Media Department arrived at Sacramento Central Church for an in-depth interview with Pastor Doug regarding the book of Revelation. Their purpose is to discover why a book written so long ago is still considered so relevant today.

Pastor Doug was brought to the crew's attention by the high level of internet traffic directing them to the Amazing Facts website. The Associate Director said that Doug was chosen because of his "wide appeal and hopeful way of communicating," as well as his "reassur-

ing and inspiring manner of speaking."

The interviewer asked hard-hitting questions about the rapture, the tribulation, the Antichrist, the lake of fire, and the various apocalyptic symbols throughout Revelation.



Pastor Doug says that he "truly sensed the prayers of God's people" as he answered the broad spectrum of questions without the aid of his Bible because they did not want him reading. After the interview, the director confided that the answers Pastor Doug had given made more sense to him than anything else he had heard so far.

The title for the 60-minute documentary is *The Riddle of Revelation*, though that may change by the time it is broadcast on the international National Geographic channel. An exact broadcast date is not yet known; however, it is expected to air sometime in the summer.

The producers also flew Pastor Doug by helicopter to his old cave for an even more extensive interview about his testimony! Pastor Doug adds, "Please continue to pray that as the editing process takes place, the final product will bring glory to God and help people recognize the truth."

# **Amazing Facts to Broadcast on PAX**

Amazing Facts has recently reached an agreement to air our television programs on the PAX network on Monday mornings, from 6:30 to 7 A.M. This is an extraordinary opportunity to shine the end-time truth into many more homes, as PAX has a potential audience of 91 million people and includes broadcasters in the top 20 markets in the nation, plus 35 other major markets. Satellite providers include DirectTV and Echostar. So spread the great news to friends and family who need to hear the Word of God!

# Ten Commandments Day Broadcast

Pastor Doug Batchelor will participate in 3ABN's Ten Commandments Day on May 5 and 6. 3ABN will uplink to Central Church. Special events on 3ABN will start on Friday, May 5, at 7:00 P.M. (ET) and continue through Sunday, May 7. Says Pastor Doug, "I'm honored to be a part of this special event



that will focus on the significance of God's law in our lives as Christians today." The event will coincide with the Ten Commandments Day celebration by churches and congregations across the nation on May 7.

Explains 3ABN, "Speakers will be addressing each of the Ten Commandments of God and showing how His love is woven into each one, and how to live victoriously through Jesus Christ." Check our website or 3ABN for more updates as they develop and be a part of this exciting event!

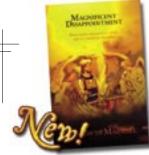
Also, be sure to check out the May/June *Inside Report*, a special issue dedicated to the Ten Commandments.

# 3ABNO

### Final Events on 3ABN

The Final Events of Bible Prophecy will get its television premier on 3ABN Presents LIVE on April 27! Producer Douglas Garcia will provide a behind-the-scene look at the making of the documentary and other insightful commentary. Be sure to tune in to watch this groundbreaking program that has sold more than 500,000 copies!

# Christian Resources



# **Magnificent Disappointment**

C. Mervyn Maxwell. At the stroke of midnight on October 22, 1844, the hope of many Christians was shattered. But they had reason to rejoice! Understand the significance of what has come to be called the Great Disappointment, but is really just the start of the culmination of our greatest hope.

BK-MD ... \$19.99

DVINDICATION



# Advindication

Doug Batchelor. Defends the key doctrines of God's last-day church, including obedience, Sabbath, the Spirit of Prophecy, health principles, and more. BK-ADVIN ... \$9.99



Dr. E. Boyd Barrett. The United States

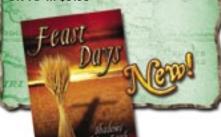
is being transformed into a different kind of nation! This eye-opening, stunning classic outlines the past, present, and future struggles of a wounded church eagerly struggling to become the preeminent religious world power again. You'll learn how she is achieving her aim by manipulating the press, influencing our politicians, and using propaganda.

BK-RSTC ... \$14.95

# Feast Days

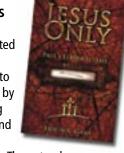
Dr. Herbert E. Douglass. Should Christians be keeping the ancient Jewish feastdays? Get a direct, biblical answer that is driving a wedge between otherwise well-meaning Christians. You'll learn the truth, according to the Bible alone. This provocative and timely work will challenge you no matter where you stand on the issue.

BK-FD ... \$3.95



# Jesus Only: Paul's Letter to the Romans

Erwin R. Gane. Explore every exalted spiritual idea of Paul's great letter to the Roman church by first understanding the man himself and the times in which



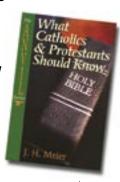
he lived and wrote. Then step-bystep, chapter-by-chapter, you'll come to grips with the life-changing yet practical doctrines that transformed a persecutor of God's church into the most devoted, unflinching follower of Christ.

BK-JO ... \$11.95

# What Catholics & **Protestants Should Know**

J. H. Meier. Is unity for Catholics and Protestants good ... is it even possible? Understand fully the divisive differences of two churches and discover why the Bible as the final authority is the only bridge across the gap.

BK-WCP ... \$11.95





# Search for the Immortal Soul

Daniel Knauft. Learn the truth about the state of the soul and how Bible-believing Christians have been fooled into accepting a lie. This brief but thought-provoking book will challenge you to reexamine everything you've always believed about life and death and what it means to be wrong about it.

BK-SFIS ... \$9.95

# The Illustrated Guide to Bible Prophecy

By understanding biblical history and current events, we will be able to stand in the coming day of crisis. This study of Daniel and Revelation presents a brief explanation of important biblical prophecies and vital truths with illustrations. A great resource for group Bible study, evangelism, prison ministries, and witnessing.

BK-IGBP ... \$6.96



# **Ecclesiastical Megalomania**

John W. Robbins. Learn how the church of Rome is subtly destroying the values necessary to preserve a world free to worship by its own conscience. Highly recommended, scholarly work for anyone interested in preserving liberty! (Hardback) BK-EMEG ... \$21.95

# Christian Resources

### The Man Who Lived Twice

Stanley Maxwell. From a reeducation camp in Communist Vietnam, in a place where severe torture and pain often challenges faith, comes the story of one faithful man's conviction and miraculous deliverance. A powerful witness



C.H. Kang and Ethel R. Nelson. Were the ancient Chinese a remnant of the Tower of Babel, clinging to their belief in one God, forced to seek refuge in

of Genesis

the East by persecuting nonbelievers? Unravel this exciting mystery in this investigation that explores the amazing Genesis code in Chinese writing.

BK-DG ... \$9.99

# A Life of Simplicity

Jim Hohnberger. So many people have

their eyes only on and now they're race. Learn how to

BK-LOS ... \$0.95

# the American dream, trapped inside the rat put God and family before the other things in life so you can experience the life you were meant to have.

# A Deep But Dazzling Darkness

Schwirzer and Kay. People have struggled to harmonize a God who chose to die for souls, while also being willing to condemn them to hell. Can these two pictures be reconciled? An eye-opening, new look at God that will help others find the trust they need in their Creator. BK-DBDD ... \$13.99

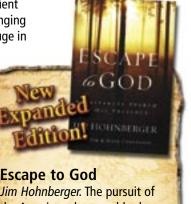


### The Last Train Out

Wellesley Muir. The incredible true story of a tireless missionary whom God used to change countless lives in Germany and the USA to the jungles of South America. Every harrowing struggle and inspiring success will reveal to you how God prepared a wandering stranger to live a life less ordinary. BK-LTO ... \$13.99

# **God's Nutritionist**

An extraordinary look at the incredible health writings of Ellen White, whose insight on vegetarianism and dairy products were well ahead of her time and supported with current scientific research. A musthave gem that will transform your life and health! BK-GN ... \$16.95



the American dream robbed them of an authentic walk with God, so the Hohnbergers left the rat race behind to search for genuine spirituality and a simple life. Inspiring and challenging look at how to live for God's glory.

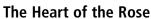
(Hardback) BK-ETGH ... \$16.99

### Born to Die

E.G. White. So many have heard about the babe born in Bethlehem 2.000 years ago, yet few really understand the depths of His beginnings. Now this beautifully crafted volume taken from the classic The Desire of Ages will give you

a breathtakingly detailed portrait of the early years of Christ. A remarkable journey that will change your life. Great for sharing with those who want to know more about Jesus.

BK-BTD ... \$4.98



Mabel A. McKee. A touching story of purity that will help young and old make the commitment to await God's timing in the pursuit of a lifelong relationship.

BK-HOTR ... \$3.95





Thomas A. Davis. Are you ready? Are you sure? This heartsearching, challenging journey explores the experience each Christian needs if he is to experience the blessings of the coming latter rain. Shows how our unreserved response is needed before God can proceed in our sanctification.

BK-CTLR ... \$11.95



# Amazing Facts Christian Resources



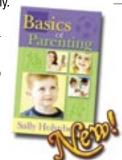
# The Basket of Flowers

Christopher von Schmid. The incredible true story of James Rode who chose the life of a gardener rather than a wealthy life in the king's court. When his daughter is wrongly convicted of theft, his constancy in faith will strengthen your own. A great character-building book for the whole family.

BK-BOF ... \$5.95

# **Basics of Parenting**

Sally Hohnberger. Being a parent in today's culture is no easy task. But now you can get practical, life-changing advice that will not only bring your house in order, but also bring your entire family closer to one another and to the Lord. An amazingly simple but effective resource! **BK-BOP** ... \$0.95



# **Tiger and Tom Audio CD set**

This audiobook collection of 36 stories especially for boys will help build up strong characters that will serve them for a lifetime. Excellent narration on 4 CDs that you can take anywhere! (Companion to *The King's Daughter.*)

CD-TAT ... \$14.99



# Youth, Do You Dare

Colin D. Standish. What's your purpose in life? How do you avoid the pitfalls of sin? What do you look for in a spouse? If you are a young person or know a young person seeking honest, practical answers to the challenging questions facing our youth today, then this is a perfect resource for you! BK-YDYD ... \$9.95

# The King's Daughter Audio CD set

This audiobook collection of 46 timeless stories especially for girls will help build up strong characters that will serve them for a lifetime. Excellent narration on 4 CDs that you can take anywhere! (Companion to *Tiger and Tom.*)

CD-KD ... \$14.99

# **Education CD Set**

One of the world's most treasured guides on educating children is now available on audio-CD! Get a penetrating look at true education with the ultimate goal for all to understand more about God. Full of tremendous guiding principles that every parent, student, teacher—and everyone else involved in educating our children—can use in the great school of life.

CD-EDU ... \$39.95



# Livingstone: The Pathfinder

Basil Matthews. Your children will love this exciting and inspiring story of David Livingstone's quest to be a medical missionary and his many adventures serving the Lord.

BK-LTPA ... \$8.95





# Messages to Young People Study Guide

*E.J. Dold.* Children growing up today are under attack from every direction—from violent video games, to sensual clothing, music, and films. This powerful, convicting study guide will challenge them to glorify God even under intense peer pressure, preparing them for eternity.

BK-MYPSG ... \$12.95



# The Young Folks' History of the Sabbath

Travel back in time with James Arrabito and his kids as they learn about the fascinating true stories of people who preserved the seventh-day Sabbath. An exciting DVD that includes a bonus program! **DV-YFHS** ... \$22.95



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# Christian Resources



### '05 Revive DVD Set

Author and evangelist Pastor Doug Batchelor breaks the Bread of Life in 10 powerful messages designed to bring revival and restoration to not only church members, but also to those who no longer worship with us. These timely, biblical messages will help you draw closer to God and help others recognize their need to become an active part of God's family. Comes with the book To Live in His Sight. DV-REV5S ... \$99.00

# Teach Us to Pray

Doug Batchelor. Following the formula given by the Lord, Pastor Doug explains the crucial elements of powerful and effective prayer. (Audio CD) CD-TUTP ... \$10.95 (DVD) DV-TUTP ... \$24.95



# Keys for Answered Prayer

Doug Batchelor. God hears and yearns to grant the requests of His people. Learn how to pray biblically, effectively, and with power and see changes in your life that you never thought possible.

(Audio CD) CD-KAP ... \$10.95 (DVD) DV-KAP ... \$24.95



# Worthy Is the Lamb

Enjoy and be blessed with the praising the Lamb of God. Includes "I'd Rather Have Jesus," "All That I Am," and 12 more inspiring songs.



sounds of The Three Angels' Chorale CD-WIL ... \$15.95



beautifully photographed video takes you deep into the ocean to explore the incredible world of dolphins. See just how intelligent, clever, and intuitive these amazing creatures of the sea really are. You'll see how and why dolphins interact with humans and how they are one of God's most fascinating blessings to us.

(DVD) DV-DTS ... \$15.95



C. Mervyn Maxwell. This riveting audio-CD tells the story of John and Mary Loughborough, who God drew low and then raised up when they finally accepted His call into ministry. A faith-building and uniquely presented message perfect for Sabbath listening. CD-JNL ... \$9.98

# Consecration

Enjoy these timeless hymns of devotion that will bring you closer to God. Features 12 soothing, inspiring classics, including "Give Me Jesus," "Nearer, Still Nearer," "Have Thine Own Way Lord," "I'd Rather Have Jesus."





Receive a tremendous spiritual and physical blessing with this informative health series featuring world-renowned speakers. Overcome food addiction and understand the effects of meat on your health in these two important videos.

> The Role of Meat in the **Human Diet**

DV-RMHD ... \$15.00

Breaking the Food Seduction DV-BFS ... \$15.00



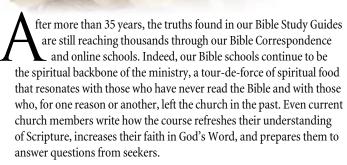
# Seventh-day Adventists: Cult or Christian?

(DVD) DV-E2323 ... \$16.95

Doug Batchelor. Who are the Seventh-day Adventists? Are they Bible-believing or a cult leading millions astray? Find out what their teachings on salvation, obedience, Jesus, health, baptism, and more reveal about their place in Bible prophecy.

# BIBLE SCHOOL





# Teaching the Bible, and the Bible Alone

In a time when popular culture is doing everything possible to undermine Scripture, Amazing Facts remains steadfast in teaching the preeminence of God's Word. The foundational pillar of our Study

"A friend gave the best gift a friend can give: your Study Guide #1. That guide alone has put me on the road that is narrow. Please send me the lessons to finish what God has started." —New York

Guides is the Bible. In fact, students begin their studies with "Is There Anything Left You Can Trust?" which provides evidence for the reliability of God's Word, a counterpoint to books like *The Da Vinci Code* that seek to undermine Scriptural authority.

Every Study Guide is replete with Scripture, taking students on a Bible odyssey that will unveil vital knowledge for eternal life. The course begins by introducing basic Bible concepts such as obedience and salvation through grace, and then leads students into advanced prophecy teachings. This logical, point-by-point structure enables even beginners to grasp important, life-saving truth in just a few lessons. The clear, simple presentations also make it easy for anybody to study, share, and understand God's Word.

### A Process That Works

The school's staff, composed of regular employees and dedicated volunteers, grades each lesson and answer any questions students might have, often sending additional materials to enhance their study. After a lesson has been graded, students receive the next few lessons in the mail.

We strive to build positive relationships and encourage our students, relying on prayer and the Holy Spirit to take them to

the next step in their spiritual growth. At the end of the course, the graduate's contact information is given, at his or her request, to local likeminded churches to help foster fellowship and mentoring.

Several churches and individuals around the country use our Study Guides to conduct their own



Amazing Facts Bible Study Guides teach students to trust the Bible and follow God's Word.

Bible schools for evangelism or to bolster new believers' faith. And other friends run ads in local newspapers, send mailers, or pass out enrollment cards at local fairs or flea markets. And students can also enroll at our website and complete all 27 lessons on their computers. This efficient and cost-effective method offers the same content as the mail-based school, while enabling thousands more to learn key Bible truths without overly taxing our resources.

Today, more than 100,000 students, from prisoners to youth to pastors, are enrolled in our various Bible schools. Many have written to say they have learned more from our lessons than they have in their own studies over many years, and thousands have been baptized into God's church as a result.

with "Is There Anything
Left You Can Trust?" which
provides evidence for the
reliability of God's Word,
a counterpoint to books

And every day of every year, the course is absolutely free—meaning
these truth seekers rely on our friends' generosity to help them learn
truth. Our Bible school will continue to stand for Bible truth and will be
an ongoing and successful tool in transforming lives and connecting
people to Jesus in very personal and secure relationships.

# ■ More Ways to Support God's End-Time Work



- You can now do more to further the gospel with even more giving options available! Do you have a non-cash gift you would like to donate to help reach souls lost in darkness?
- Amazing Facts gladly accepts vehicles, stocks, mutual fund shares, and real estate that we can convert into soulwinning resources.
- Call us at 1-800-436-2695, ext. 3029, and we'll assist you
  with the paper work and how you can benefit with the best
  possible tax deduction.



# Witnessing Corner Corner Corner

n early September, Colin McClay ordered 100 copies of *The Final Events of Bible Prophecy* DVD and book set. He began wondering how he could possibly share every copy, but soon he was impressed to advertise the DVDs in *The Flyer*, a free family magazine distributed weekly throughout the Tampa Bay area. People use it mostly to advertise their personal items for sale, so when he placed the ad, he had no idea how well it would go. The ad appeared like this:

FREE-FINAL EVENTS Bible Prophecy DVD & book. 43 minute documentary leads you through end-time events, including signs of the end, the rapture, Christ's return, & more! Call [phone number].

The results have been absolutely phenomenal! Colin reports, "From the outset, my phone was ringing off the hook. I averaged about 25 calls per week, with requests from as faraway as California and Montana. "When people called, they were very interested in the events occurring in the world today, and they wanted to know what the Bible has to say about it. There is *extreme* interest in the *Final Events* DVD because people are truly hungering for truth in God's Word! In fact, a lot of people were worried that I had already run out of DVDs as they were so anxious to get a copy. They were so relieved when I told them I had more available. Some even requested multiple

# **Building Faith in the Bible**

copies to share with others."

"Two people called back after watching the video to tell me how much they enjoyed it, and then requested additional copies for coworkers, family members, and neighbors who are not Christians. One lady even sent a thank-you card that reads, 'Thank you so much for your ministry. *The Final Events* DVD really blessed my life.'

"Another lady told me that she's watching the video with several non-Christian friends, who are totally enthralled by what they've seen. She requested two more copies and said she was thrilled because the documentary brought Bible prophecy to life. She was especially pleased with the way Bible texts run throughout the video. She lamented that so many people today, including most Christians, don't really know what the Bible says about end-time events because they don't read the Bible.

"Three people requested not only the DVD and book, but also 'anything else religious' that I could send them. One man indicated that he was not religious at all but wanted to know God. Another said he had read the Bible through three times and is extremely interested



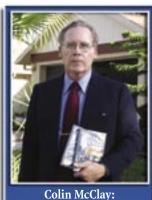




in the book of Revelation, but finds it very difficult to understand. So along with the DVD, he asked if I could send him anything else that would help him understand the Bible and Revelation in particular. He also listens to a Christian radio station that discusses prophecy, but he doesn't agree with everything they say and is searching for the truth from God's Word. These calls will often lead to deeper spiritual conversations too! I sent him, and others who request them, more prophecy information, a *Steps to Christ* book, a *Hidden Truth* magazine, and Doug Batchelor's 'Revelation's Rapture' audio CD."

# You Can Do It Too!

"When people call, I take their names and addresses and mail them the DVD. I also include a Bible study card that tells them how they can mail in, call a toll free number, or go on the internet to request Bible studies. My total investment for the effort (including DVDs/books, advertising, envelopes, postage, scotch tape, and gas) has been around \$500. It is the best \$500 I've ever spent! Plus, I now have a list of names that I can send out flyers to when there is a nearby evangelistic event, such as *The* 



Colin McClay: Man on a Mission

Prophecy Code, they need to know about!

"This effort has been a great blessing! I am thankful for the opportunity to participate in His work by sharing the gospel with a world that is rapidly coming to a close. I also thank Doug Batchelor and Amazing Facts for touching lives through television, radio, the internet, books, magazine, videos, and so many other ways.

"I hope that others will be inspired to do something similar in their communities, because people are searching for answers. The *Final Events* is a terrific witnessing tool that people just love. We must take advantage of this opportunity while the door is still open!"

# THE AMAZING FACTS EVANGELISM TEAM





Doug Batchelor



Baek



Bradshaw



Eric Flickinger Byron Corbett



Lowell Hargreaves



Brian McMahon



Jack Pefley



Ramdin



Dennis

Jason

Morgan

Sliger

# **Doug Batchelor**

May 5, 6 Ten Commandments Day 3ABN

Summer Camp Meeting Schedule

June 2,3 — Lake Junaluska, North Carolina June 9,10 — Glorieta, New Mexico

June 23, 24 — Cedar Lake, Michigan

July 6-9 — Sweden



# **Lowell Hargreaves**

April 14 - May 20 El Dorado, Kansas Call 316-321-5070 for details.

You are invited to meet the members of Amazing Facts evangelism team at any one of the following locations—and please invite a friend! This schedule is subject to change without notice, so please call Amazing Facts to confirm appointments or get more information.



# **Tyler Long**

April 21 - May 27 Best Western Hotel 1250 Halyard Drive West Sacramento, California



# Church, California April 14, 15 — Loma Linda Advent

Spanish Church, California

**April 7,8** — Loma Linda Korean

**Dennis Priebe** 

Church, California

Heights, California

March 17, 18 — Hollywood Spanish

March 24, 25 — Los Angeles-Lincoln

March 31, April 1 — West Hollywood

Hope Church, California

April 21, 22 — Mentone Church, California

April 28, 29 — Ardmore Church, Oklahoma



# **Emanuel Baek**

April 14 - May 20 Sheboygan, Wisconsin Call 920-451-9278 for details.



# John Bradshaw

April 14 – May 13 Fresno Academy 5397 East Olive Avenue Fresno, California



# Brian McMahon

February 24 - April 1 Hendersonville, North Carolina Call 916-434-3880 for details.

June 16 - 18 Smokey Lake Camp meeting Northern Alberta, Canada



# Adam Ramdin

April 14 – May 13 Grayson County Chamber of Commerce Seminar Hall 425 South Main (Rt. 259) Leitchfield, Kentucky

July 21 - August 19 Owasso Best Western 7653 N Owasso Expressway Owasso, Oklahoma



# Jason Morgan

March 31 - May 6 Waldorf, Maryland Call 301-645-8835 for details.



April 14 – May 20 Colorado Springs, Colorado Call 916-434-3880 for details.



# **Jack Pefley**

April 10 – June 3 Northern California and Nevada-**Utah Conferences** Call 916-434-3880 for details.



# Jason Sliger

April 14 - May 20 Ashland, Wisconsin Call 218-343-1458 for details.



# **Eric Flickinger**

April 14 - May 20 Seminar Auditorium 6245 Monticello Road Shawnee, Kansas

**PLEASE NOTE:** If you would like to schedule an Amazing Facts evangelistic series or a weekend of revival meetings in your church, please contact the evangelism department at Amazing Facts by phone at 916-434-3880 or by mail.





# Baptizes 38!

by Stephanie Jager

I stood just out of sight behind the baptismal tank as Ron and Cindy stepped into the water to commit their lives to Jesus. I thought back to the time, just a few months earlier, when I had met them for the first time. They sat with me in their living room eagerly listening as I studied with them from the Bible week by week. I had never seen anyone else absorb the truth from the Word of God as they did. They grew up knowing little about God. However, they both knew that somewhere there was a God, but that wasn't enough for them. They spent their lives searching for Him in many different places, people, and religions. Then, because of health reasons, they found themselves at the Weimar Institute, where they not only found new ways of staying healthy, but also a place where the people followed Jesus in every way. Shortly after, they began attending our AFCOE evangelistic meetings presented by evangelist Brian McMahon. They accepted every new truth presented and were baptized this past November!



Ron and Cindy are just two of the 38 people who were baptized as a result of our meetings. As AFCOE students, we spent hours each week knocking on doors, giving Bible studies, and sharing with those of the world about the One who died for them. Yes, we found many who were not

interested in what we had to offer, and some were even hostile. But when we came to those who were open to heaven, every shut door and discouragement was more than worth it. They joyfully gave up their worldly habits and lifestyles, forsaking all to follow Jesus.

As we watched our contacts, whom we had come to love and plead with God for, commit their lives to Jesus through baptism, we felt emotions that cannot be put into words. We knew that there was no better thing for us to do than work for the salvation of someone else. I will always look back on my AFCOE experience and remember what it means to empty myself and be filled with the Holy Spirit. He used even me to be a channel in which to "seek and save the lost."

# AHeart

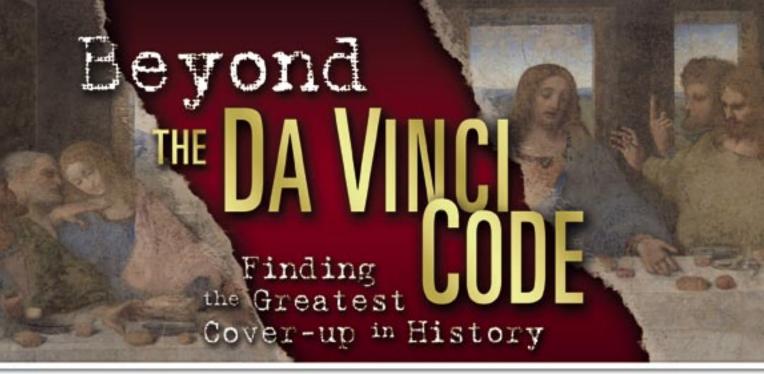
This letter comes from Elizabeth, a new Christian who was baptized as a result of Eric Flickenger's prophecy seminar in Salinas, California.

I have been looking for God for some time, and now, I found Him with the help of an Amazing Facts prophecy seminar. I didn't know what to expect, but I ended up understanding my Creator, Jesus Christ. I am now at peace and more Jesus-focused.

Evangelist Eric Flickinger and his wife Hildelisa are proof-positive that God delivers His message, especially to someone like me who was lost and confused when it came to the Word of God. I am thankful for Amazing Facts for deciding to come to this little town. Eric's delivery method is succinct and to the point, and my only wish is that they could have stayed a little bit longer. I thank God for allowing me to partake in Eric's nightly messages on the Word, which penetrated my heart and soul.

I am grateful that the Holy Spirit did not give up on me, teaching me, guiding me, convicting me, and now uniting me with others who have also found Jesus Christ. The local church pastor and congregation are supporting this new Christian's walk. I am also thankful that his church welcomed Amazing Facts to come, because I have learned so much on what the Bible actually says. I am now convinced that the Bible has the answer to everything, just as Eric said it does. For the first time in my life, I opened the Bible and read it. And with the help of the Holy Spirit and Amazing Facts, I actually understood it. In four weeks, I feel as though I've been through a metamorphosis, and I am now a brand-new child of God. "Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven" (Matthew 18:3).

I've decided to surrender my heart, my soul, and my life to Jesus who is my true Friend. I know that my life is not going to be a "walk in the park" from now on, but with Jesus, all things are possible. I feel like a child in a candy store. I can hardly wait to hear and read the next message from God to me. I am beginning a new relationship with Jesus Christ in order to grow and live according to His ways.



# by Alan Parker, Th.D.

urder, coded messages, intrigue, suspense, and a race against time to discover the world's best-kept secret—Dan Brown weaves all these elements together in his bestselling thriller *The Da Vinci Code*. And if the 30 million books sold are anything to go by, the movie adaptation is also sure to be a blockbuster success when it is released in May.

Yet what is surprising is that this obviously fictional work is being taken so seriously as a real explanation for the life of Jesus and the history of the Bible. Perhaps it's because the novel begins with a single word: "FACT." Shortly afterward, Brown writes, "All descriptions of artwork, architecture, documents, and secret rituals in this novel are accurate."

Nothing could be further from the truth! Not only are there gross historical errors throughout the book, but what Dan Brown calls "the greatest mystery of all time" turns out to be a sinister fiction. By couching his hypothesis in the distinguished voices of a British royal historian and a Harvard professor, Brown lends an air of undeserved authenticity to his fantastic claims.

The characters of the book discover that not only was Jesus "mortal," but also that he married Mary Magdalene and had a daughter whose descendants live among us today. The sources of this information are supposedly a secret society and the discredited Gnostic gospels, which give the "true" picture of the historical Jesus. In addition, paintings of Leonardo da Vinci are portrayed as coded messages that indicate that Mary Magdalene, not John, was the beloved disciple, and that it was she and not Peter whom Jesus intended to take over the leadership of the church. Because John is painted without a beard and sitting close to Jesus in the picture of *The Last Supper*, the characters in Brown's book claim that Leonardo really intended this to be Mary Magdalene!

The book is nothing more than an open attack against the deepest beliefs Christians hold. It strips Jesus of His divinity, destroys faith in the Bible, and invents a false history of Christianity. But what is the truth?

# The Council of Nicaea

Brown's book claims that in A.D. 325, a group of bishops rewrote history in a meeting convened by the newly converted Roman emperor

Constantine. Constantine wanted to unify his empire, and the bishops sought greater control of the church. To achieve their objectives,

according to Brown, they introduced two new claims: Jesus was divine, and the Bible was infallible.

Brown mixes together an ounce of historical fact with a pound of speculative fiction to form a potent brew of semi-realistic heresy. Indeed, it is correct that there was a council of Nicaea and there were power plays in the empire, but these did not change the divinity of Christ nor the authority of the Bible. For instance, Brown's **Professor Teabing asserts** that before the council, the prevailing view, promoted by a bishop called Arius, was that Jesus was human. Teabing states that at the council, the majority of bishops overruled Arius'

# THE GNOSTICS AND JESUS

**Gnosticism** is a sect of Christianity with highly pagan pre-Christian origins. Part of their unbiblical beliefs include that the Jehovah of the Old Testament—a defective creator-god called the Demiurge—is evil and that he did not create a perfect world. The true God, called the Supreme Father God, is essentially unknowable. For the Gnostics, Jesus is a revealer of truth and not a savior. He was born to free people from the evil teachings of the Old **Testament. Many Gnostics also taught** that Jesus was pure spirit and did not have a physical body. The Gnostic gospels (such as the gospels of Thomas and Mary) are accounts of Jesus and His "secret" teachings that so contradicted Christian theology that early church leaders rejected them outright.

belief that Jesus was a mortal prophet by a "relatively close vote." Brown neglects to mention that Arius believed that Jesus was God's supreme creation. He also believed that Jesus was sinless, that He created the universe, and that He was much more than a mere man.

Still, the "relatively close vote" was actually 316 to 2! There is abundant evidence that Jesus was regarded as divine in both the New Testament and in early Christian writings (see box on page 26).





shields, and went on to win the battle. Believing the Christian God to be his secret to military success and the key to uniting his empire, Constantine adopted Christianity as the official religion of Rome in A.D. 324. His life continued to be marred by bloodshed and political intrigue until his death, but through his influence the bishops of Rome gained rapid ascendancy to political and temporal power.

# Sun Worship

The real secret of Constantine and the bishops of Rome is their cunning introduction of sun worship and paganism into Christianity. It was done so shrewdly that, incredibly, it has been veiled within the faith for centuries. Through Constantine, paganism and Christianity joined hands in the Roman Empire.

History readily records that Constantine was a sun-worshiper. In one decree he declared, "On the venerable Day of the Sun let the magistrates and people residing in cities rest, and let all workshops be closed" (March 7, 321). He made this decree in honor of the sun after his supposed conversion to Christianity! Constantine, even after his "conversion," remained a pagan.

Constantine sought to unite his kingdom's pagan and Christian worshipers, in order to promote stability and ensure that his empire lasted. The easiest way to bring harmony would be to blend sun worship and Christianity. History shows that the Church of Rome did not object; indeed, it had been engaging in the practice for nearly two centuries!

The bishops at Rome also claimed Peter as the head of the church, instead of Christ (Ephesians 4:15). Developing a nonbiblical doctrine of "apostolic succession," they claimed that the authority conferred on Peter was transferred to themselves. The "Saint Peter" that was created was actually a combination of pagan idolatry and Christian veneration. Even today, the statue in St. Peter's Cathedral in Rome includes a *solar disk* above his head. Tradition has it that this was actually a statue of Jupiter taken from

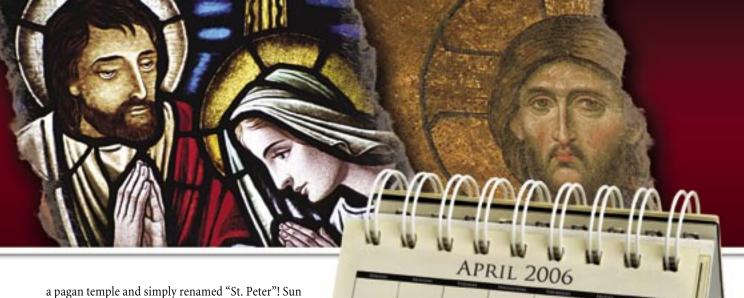
# THE DIVINITY OF CHRIST

Belief that Jesus was divine was widespread long before Constantine and the Council of Nicaea. For instance:

- Ignatius of Antioch, writing in A.D. 110, calls Jesus God 16 times in 7 different letters. He wrote that Jesus is "God incarnate" and that "God was revealing himself as a man."
- In A.D. 125, in the epistle to Diognetus, the writer explains, "He sent the Designer and Maker of the universe himself, by whom he created the heavens."
- Melito of Sardis in A.D. 190 wrote Jesus rose "from the dead as God, being by nature both God and man."
- In A.D. 178, the pagan philosopher Celsus, in an effort to discredit Christianity, says Jesus declared himself divine.
- In A.D. 185, Irenaeus in his work Against Heresies, writes, "[Jesus] is the holy Lord, the Wonderful, the Counselor ... and the Mighty God."

In A.D. 130, the four gospels and Paul's letters, which repeatedly claim that Jesus is God, is accepted as Scripture by most Christian churches.





a pagan temple and simply renamed "St. Peter"! Sun worship, which appears in nearly every pagan religion in the world, soon appeared in Christian art, imagery, and theology. The halo often seen on Christ and Mary is actually a symbol of sun worship. Madonna ("Mary") was depicted holding sun disks.

# The Silent Conspiracy

One of the earliest entrances of sun worship into the church was through the spring pagan festival. The festival was celebrated in honor of Eostre (according to the eighth century cleric Bede). The festival often honored a goddess (such as Ishtar), and one of the more popular tales of this time concerned the god Attis, who

was said to be resurrected each year during the month of March. According to one tradition, the festival of Attis began as "a day of blood on a black Friday and culminated after three days in a day of rejoicing over a resurrection." These spring festivals eventually became the Christian festival of Easter, complete with eggs and rabbits, both ancient pagan symbols of fertility.

At the Council of Nicaea, Constantine also persuaded those in attendance that only one Easter "Resurrection" day should be kept. "Our Savior has left us only one festal day ... and he desired to establish only one Catholic Church," he argued. Then he added this significant statement. "You should consider ... that we should have nothing in common with the Jews."

Constantine felt that the Jews were "murderers of the Lord," and therefore desired to blot out any links between Christianity and Judaism. For this reason he persuaded the Christian church to drop the ancient biblical Sabbath, given at Creation, and replace it with Sunday worship. "The Church made a sacred day of Sunday ... largely because it was the weekly festival of the sun; for it was a definite Christian policy to take over the pagan festivals endeared to the people by tradition, and to give them a Christian significance." Pope Sylvester I (314–335) finally made Christian Sundaykeeping official by decreeing that "the rest of the Sabbath should be transferred to the Lord's day [Sunday]." Perhaps this was Constantine and Rome's crowning conspiratorial victory—sneaking sun worship into Christianity by exchanging the true Christian day of worship for the day dedicated to ancient sun worship.

So Dan Brown was partly right after all. There has been a conspiracy. Constantine and Rome did change history. What Mr. Brown does not seem to realize is that the very things he has attacked are the only things that have kept truth alive. Believing in Jesus as Lord and in the Bible as His infallible Word are the only ways to safely combat error and ground ourselves in truth. Through the Dark Ages these facts were lost sight of, and paganism took over the church. Thank God that today we have ready access to the Bible, the ultimate resource, and to the throne of grace. God's truth will always prove stronger than the world's fiction.

### **Endnotes**

- <sup>1</sup> Dan Brown, The Da Vinci Code (New York: Doubleday, 2003), 1.
- <sup>2</sup> December 17, 2004, "No Gospel in 'Da Vinci Code' Claims, Scholars Say" National Geographic News.
- <sup>3</sup> Gerald L. Berry, "Religions of the World," Barnes & Noble, 1956.
- <sup>4</sup> From the Letter of the Emperor to all those not present at the Council, Found in Eusebius, Life of Constantine, 3: 18-20.
- <sup>5</sup> Arthur Weigall, *The Paganism in Our Christianity*, p. 145. (Copyright 1928, by G. P. Putnam's Sons, New York).
- <sup>6</sup> Rabanus Maurus, as quoted in *Sabbath and Sunday in Early Christianity*, by Robert L. Odom, 1977 by the Review and Herald Publishing Association, pp. 247, 248.

# Decial ecognition

Evelyn Chisholm from Lu Ann Crews Aluina Clark from Jim and Judy Culpepper Elizabeth Bowers Clark from Leon and Vivienne Rich **Karen Clark** from Archie and Mickey Devitt, her parents Betty Rees Coy from Jack Coy, her husband Joe Crews from Lu Ann Crews, his wife; from Gwendolyn Knight; from Shelly Lowe

Pam Carter from Kent and Dee Dickinson

Ronnie Crews from Lu Ann Crews

Florence Aguinaldo from Albert and Patricia Marion Dr. William Merle Allen from Warren and Phyllis Wright

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Donald Jackson from Virginia Jackson, his sister Johnny Jackson from Warren and Phyllis Wright John Janzen from Agatha Janzen Victor Jelkovic from Smilja and Anton Mursic James Jetton Sr. from Marge Jetton Robin Johansson from Corky Price Ben Johnson from Stephen Dickie Juanita from Glenda and Charles Edwards Donna Just from Lu Ann Crews

Vern Kaiser from Joe and Della Trenchuk Bernice Donesky Kaplan from Alyce Hall; from Warren and Phyllis Wright

Amazing Facts recognizes contributions made as a tribute to the deceased or as an honorarium celebrating significant milestones in the lives of loved ones. Please type or print legibly to ensure correct spelling; we are unable to verify confusing spellings due to volume.

Louise Kern from Harriet Bos Grace Kinder from Jane Alvarez John Knight Jr. from Gwendolyn Knight Mrs. Knittle from Ada Nerness Wayne Knox from Kent and Dee Dickinson Clarence Kreiter from Loretta Kreiter, his wife Cloyd and Beulah Kuster from Jean and Roger Ott, their daughter and son-in-law

Howard Larkin from Linda Holt Rekate;
from Bonnie Tyson-Flyn; from Elizabeth and Lacy Vannoy
Charles Layland from Don and Rosella Martin
Marvin and Daisy Layland from Don and Rosella Martin
Lauren Beth Lendle from Jackie Gair, her grandmother
Loula Allen Lentz from Lindley Lentz
Emlee Lester from Anthony Lester, her son;
from C.K. Lester, her son
Paul Lester from Anthony Lester, his brother;
from C.K. Lester, his brother
William Letniak from Lila Letniak
Martin Lewis from Helen Marlin
Gunar Lindegren from Geneva Arct
Alan Dean Long from Pauline Long, his mother
J. Murray Long from Pauline Long, his wife

Terry Majors from Anna Mae Day
Lester Marcussen from Elizabeth Marcussen, his wife
Earl and Edna Marlin from Helen Marlin
Hugh Marlin from Helen Marlin, his wife
Julie Marlin from Helen Marlin, her grandmother
John Mason from Kent and Dee Dickinson
William May from Kent and Dee Dickinson;
from Shelly Lowe
Carrie McGinnis from Ralph and Velma Libby
Charles Melvin from Celia Melvin
Cynthia Joan Melvin from Celia Melvin
John and Harriet Meyers from Helen Marlin
Rachel Millard from John Millard;
from Gwendolyn Knight

from Gwendolyn Knight

Ken Moore from Ralph Peterson

Edward Morgan from Joyce Morgan

Dr. Clyde Morris from Marylene Morris

Bill Murphy from Eula Collins, his sister;

from Beulah Keeler

**Ingeborg Nelson** from Esther Lorenz

**Helen Orr** from David and Martha Pope

Percy Paul from Joe and Della Trenchuk
Isaac and Annie Pierce from Frank and Gayle Tyroff
Dollis Pierson from Robert Pierson, her son;
from Lu Ann Crews
Aaron Polston from Rachel Polston
Dr. Eugene Prout from Phyllis Wright, his sister

Ralph and Fern Prout from Warren and Phyllis Wright

Max Qualley from Barbara Qualley, his wife

Robert Radcliffe from Kent and Dee Dickinson Richard Rader from Helen Marlin Sam Renk from Helen Renk Earl and Grace Reuss from Barbara Qualley, their daughter

H.M.S. Richards Jr. from Warren and Phyllis Wright
Pastor Estel D.C. Richardson from Warren
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Linda Gaye Scheideman from Bill and Donna Keehnel

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Eileen Whatley from Daniel Schlund
Kenneth Whitnack from James Myers
Arlene Wiggins from Al Wiggins, her husband
Kenneth Will from Enid Henderson
Thelma Wilson from James and Dorothy Aikman
Vernon Word from Rodney Benson
Edna and Leonard Wright from Warren and
Phyllis Wright, their parents

**Eulogia Ylores** from Rachel Polston

ton

### **In Honor of**

**Brianna and Gabriel Wills** from Leo and Bobbie Jane Van Dolson

# **Happy Birthday**

Paul Rau from Ralph Grose

Deanne and Shannon Setterlund from Dr. and Mrs. William Tym Mark Sherrett from Vernon and Ruth Holm **Robert Silver** from Floyd and Vosella Scott Gerald Silvestri from John and Anita Silvestri, his parents Ann Simpkins from Frank and Gayle Tyroff **Clifton Smith** from Herb and Anna May Waters Allen Tattrie from Jennie Tattrie, his grandmother **Duane Tattrie** from Jennie Tattrie, his mother Roy Tattrie from Jennie Tattrie, his wife **Dr. Francis Thiel** from Dorothy Hughes **John Thiel** from Dorothy Hughes Pearl Thompson from Betty Dull Mr. and Mrs. William Trenchuk from Joe and Della Trenchuk

Dale Wagner from Phyllis Wagner

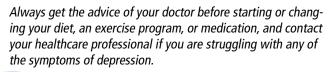
from Joshua Lofton

Marian Toews Wall from Mark and Kim Swett

Frank Warner from Bill and Barbara Warner, his parents;

# Health Depressi

# There Is Hope-Naturally! by Emily Thomsen



Depression is one of the most common illnesses in the United States, affecting one in 16 people. Also, 10 percent of Americans must deal with a major depressive episode in a given year.

A person experiencing five of depression's nine symptoms for two weeks is classified as having major depression; two of these symptoms for two weeks constitutes mild depression. Symptoms persisting for two years are considered chronic. Depression's symptoms are:

- Deep sadness or emptiness
   Changes in appetite
- Apathy
- Agitation or restlessness
- Changes in sleep patterns either more or less
- Lack of concentration
- Changes in appetite and weight loss or gain
- Feelings of excessive guilt or worthlessness
- Morbid thoughts
- Fatique

Depression shrinks the hippocampus, the part of the brain involved in memory and learning, and raises stress hormone levels. Osteoporosis, hypertension, headaches, and more might result from depression. It increases risk of seizures, makes blood sugar control difficult for people with diabetes, and worsens the effect of diseases such as stroke, heart attack, and cancer. Some causes of depression cannot be helped, such as age, gender, or family history.

Does this sound depressing? There is hope! Often the cause of depression is traced to nutritional deficiencies, lifestyle factors, or other medical conditions. In these cases, simple changes can effect significant improvement.

in foods, so even if your caloric intake is more than adequate your diet may be deficient. Flaxseed, walnuts, canola oil, wheat germ, soybeans, and spinach all contain omega-3. Folic acid, another essential ingredient for a healthy brain, is found in chickpeas, blackeyed peas, lentils, and kidney beans. Finally, vitamin B12 helps improve depressed moods. The highest concentration of B12 is found in animal products, but it can also be found in soymilk and fortified grain products.

Other lifestyle factors might be even more important than nutri-

sary for optimum brain functioning but are not found abundantly

Other lifestyle factors might be even more important than nutrition in treating depression. Thirty minutes of exercise three to six times a week can prevent depression, and may be just as effective a treatment as antidepressants. Irregular sleep is also linked to depression. In one study, participants who lost only a little sleep were 60 percent more likely to become depressed, and the risk of major depression was 40 times higher for insomniacs. Exposure to bright light for at least 30 minutes a day increases serotonin levels, treating both depression and fatigue.

# Try Good Thinking

Avoiding negative thinking by immediately replacing a negative thought with a positive one reduces anxiety and depression. Counseling, specifically cognitive behavioral therapy, is extremely helpful in altering negative thought patterns. In addition, a personal spiritual experience aids in recovery from depression. In one study, participants' likelihood of recovery from depression increased in direct correlation with their personal faith and religious practices.

These lifestyle treatments should be your first defense against depression. However, some cases may require additional treatment such as herbs or medication. St. John's Wort is Germany's leading antidepressant, most effective in treating mild depression by allowing more serotonin and norepinephrine to collect in the central nervous system. SAMe, sometimes called "Sammy," boosts mood and outlook by increasing serotonin and norepinephrine production. The body metabolizes another herb, 5-HTP, taken from the African plant Griffonia simplicifolia, into serotonin. Other herbs that appear to have a therapeutic effect are chamomile, feverfew, ginkgo biloba, kava-kava, lavender, lemon balm, and valerian. Always exercise caution when taking herbs; and always ask your doctor if the herbs you want to try will interfere with other medications you may be taking.

A severe case of major depression may not respond to lifestyle and herbal remedies alone, but these simple treatments will enhance the effectiveness of medications. There is hope!



Numerous studies reveal nutrition's crucial role in mental health. For example, tryptophan is necessary for the brain to manufacture the serotonin needed for proper functioning. Foods high in tryptophan are tofu, pumpkin seeds, gluten flour, sesame seeds, almonds, and black walnuts.

Omega-3 fatty

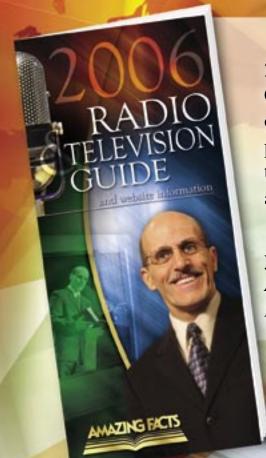
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